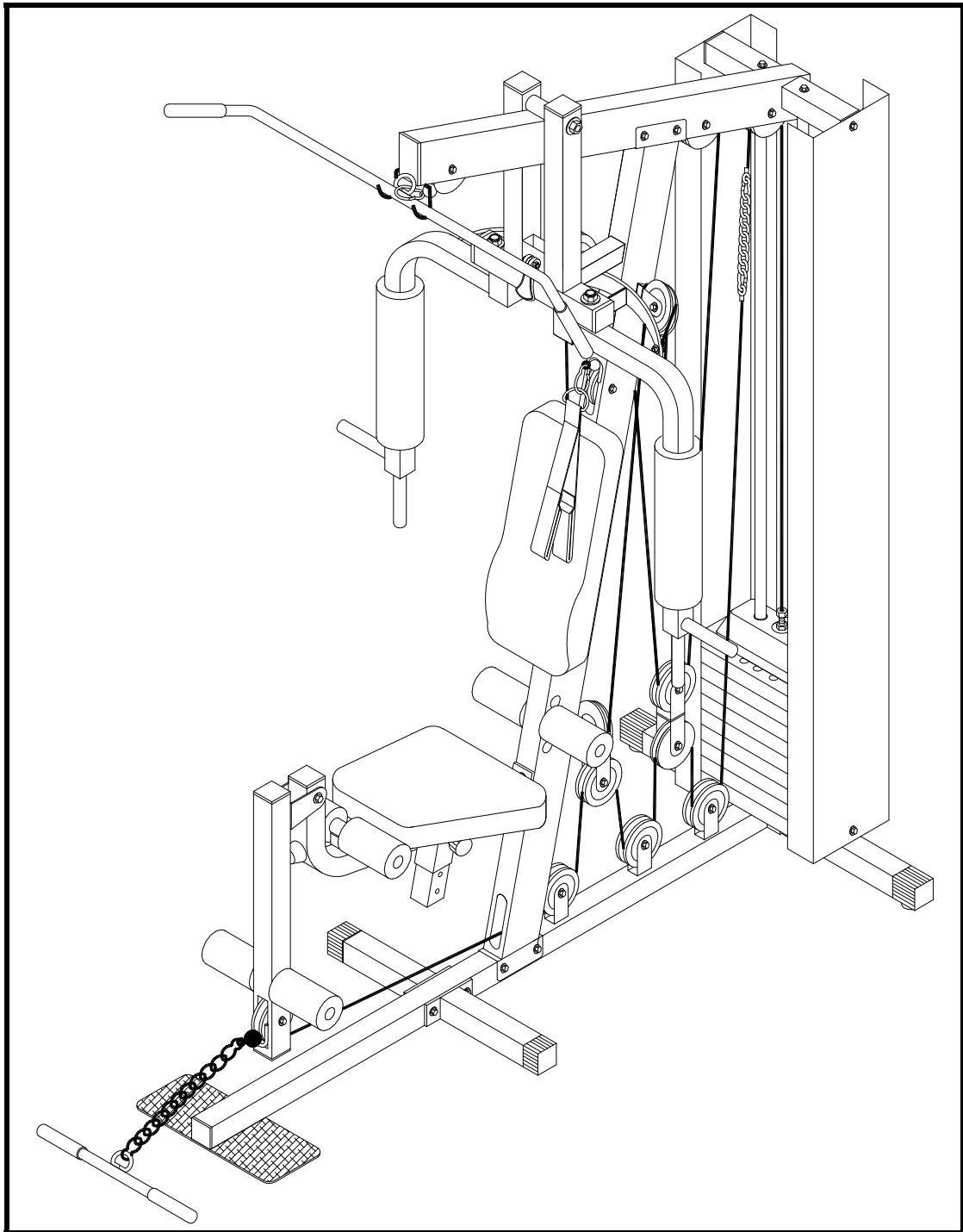


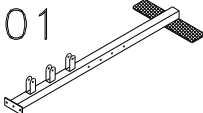
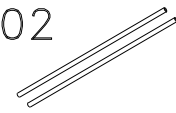
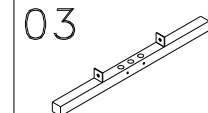
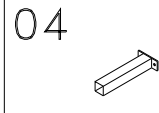
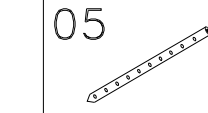
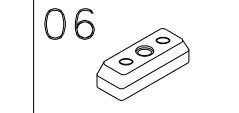
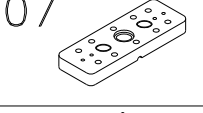
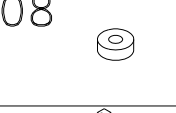
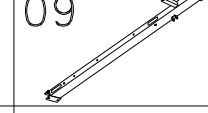
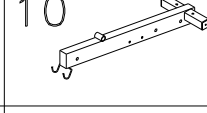
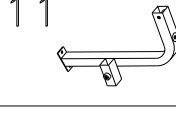
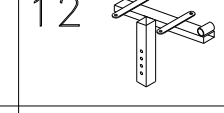
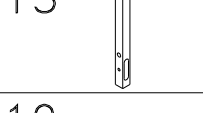
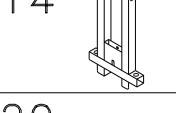
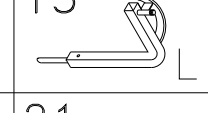

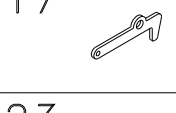
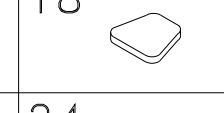
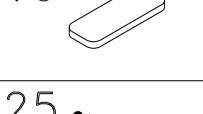
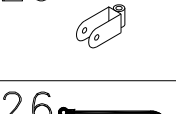
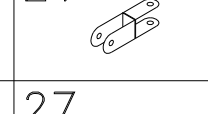
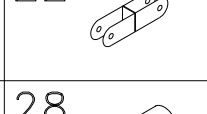
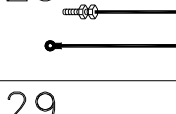
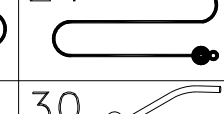
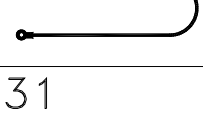
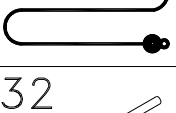
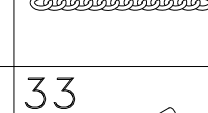
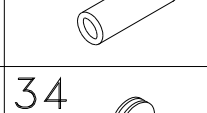
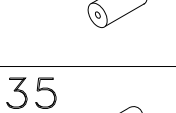
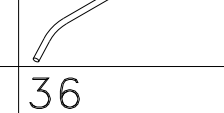
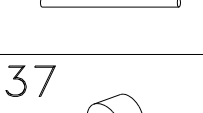
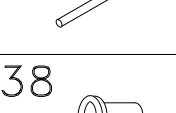
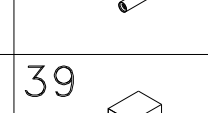
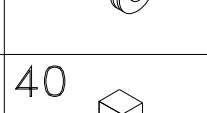
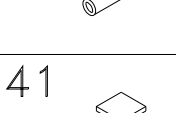
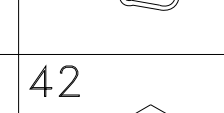
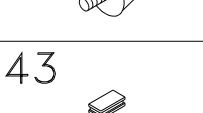
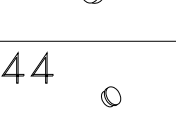
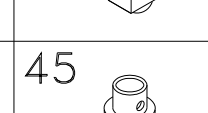
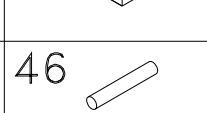

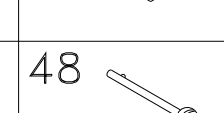
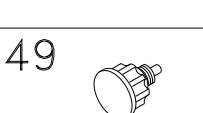
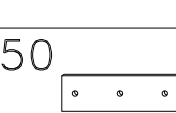
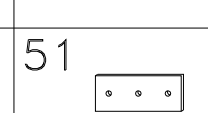


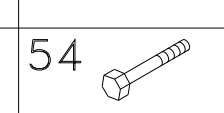
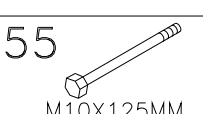
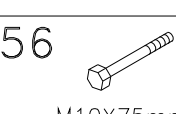
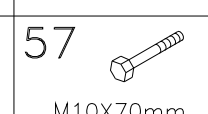

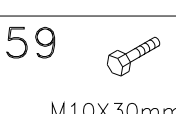
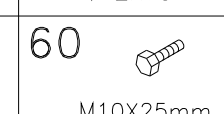
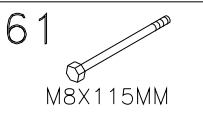
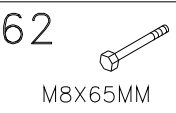

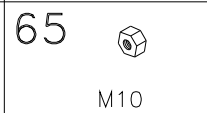

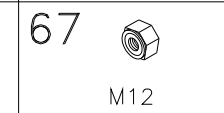
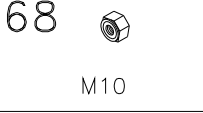
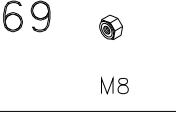
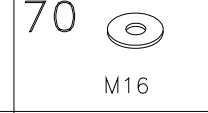
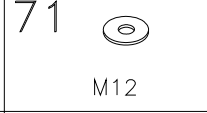

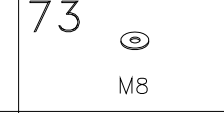
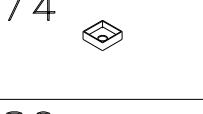

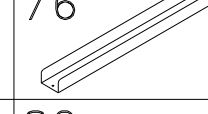
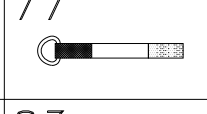
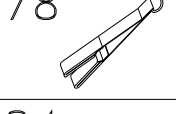














HOME GYM

MODEL # L7750



OWNER'S MANUAL

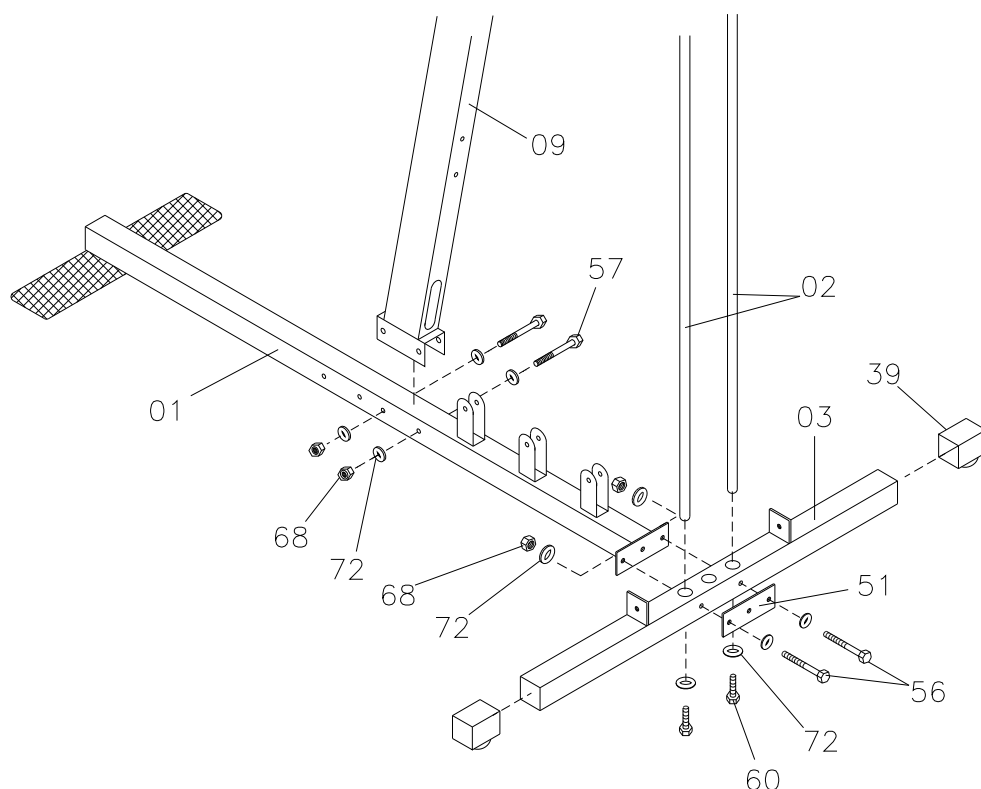
01 	02 	03 	04 	05 	06 
07 	08 	09 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 
31 	32 	33 	34 	35 	36 
37 	38 	39 	40 	41 	42 
43 	44 	45 	46  ø10.5x56L	47  ø48xø13x3t	48 
49 	50 	51 	52 	53 	54  M12X75mm
55  M10X125MM	56  M10X75mm	57  M10X70mm	58  M10X45mm	59  M10X30mm	60  M10X25mm
61  M8X115MM	62  M8X65MM	64  M8X15mm	65  M10	66  M16	67  M12
68  M10	69  M8	70  M16	71  M12	72  M10	73  M8
74 	75 	76 	77 	78 	79 
80 	81  M6X30mm	82  M6	83 	84 	

PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	MAIN BASE	1
2.	GUIDE ROD	2
3.	LEFT BASE	1
4.	RIGHT BASE	2
5.	SELECTOR SHAFT	1
6.	TOP PLATE	1
7.	WEIGHT STACK	9
8.	RUBBER DOUNT	2
9.	VERTICAL BEAM	1
10.	TOP CROSS BEAM	1
11.	SEAT SUPPORT	1
12.	SEAT ASSEMBLY UNIT	1
13.	LEG EXTENSION/ARM CURL BAR	1
14.	PRESS BAR	1
15.	LEFT PEC DECK ARM	1
16.	RIGHT PEC DECK ARM	1
17.	PRESS PIN	1
18.	SEAT	1
19.	BACK SEAT	1
20.	PULLEY BLOCK	2
21.	FLOATING PULLEY BLOCK(A)	1
22.	FLOATING PULLEY BLOCK(B)	1
23.	WEIGHT STACK CABLE 1440MM	1
24.	LAT BAR CABLE 3250MM	1
25.	PEC DECK CABLE 2760MM	1
26.	CURL BAR CABLE 3350MM	1
27.	CHAIN	3
28.	PEC DECK PAD	2
29.	LEG EXTENSION/CURL PAD	6
30.	LAT BAR	1
31.	CURL BAR	1
32.	PAD HOLDER	3
33.	HANDLE PIPE	2
34.	PULLEY	14
35.	HAND GRIP	8
36.	CHAIN HOOK	7
37.	RUBBER BUMPER	2
38.	PLASTIC BUSHING	10
39.	RUBBER END CAP	2
40.	RUBBER CAP	2
41.	50*50MM SQUARE END CAP	8
42.	38*38 MM SQUARE END CAP	3

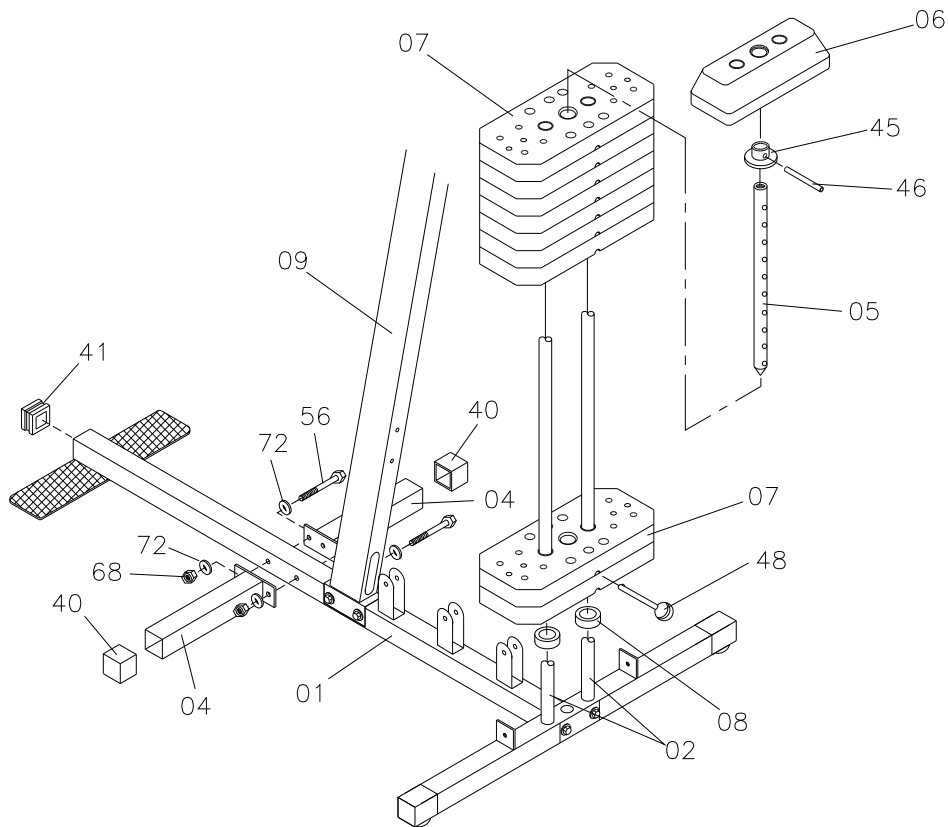
PART LIST

PART NO:	DESCRIPTION	Q'TY
43.	25*50MM SQUARE END CAP	2
44.	25MM ROUND END CAP	6
45.	25MM ROUND BUSHING	1
46.	QUICK PIN	1
47.	OD48MM*ID13MM WASHER	1
48.	PIN FOR WEIGHT SATCK	1
49.	ADJUSTABLE POP PIN	1
50.	STEEL PLATE (LONG)	1
51.	STEEL PLATE (SHORT)	1
52.	OIL BUSHING	6
53.	PRESS BAR SHAFT	1
54.	M12*75MM HEX BOLT	1
55.	M10*125MM HEX BOLT	2
56.	M10*75MM HEX BOLT	4
57.	M10*70MM HEX BOLT	9
58.	M10*45MM HEX BOLT	9
59.	M10*30MM HEX BOLT	2
60.	M10*25MM HEX BOLT	6
61.	M8*115MM HEX BOLT	2
62.	M8*65MM HEX BOLT	3
64.	M8*15MM HEX BOLT	8
65.	M10 NUT	2
66.	M16 NYLON NUT	4
67.	M12 NYLON NUT	1
68.	M10 NYLON NUT	26
69.	M8 NYLON NUT	3
70.	M16 WASHER	4
71.	M12 WASHER	2
72.	M10 WASHER	58
73.	M8 WASHER	16
74.	SQUARE CAPψ 26x□ 38 MM	2
75.	BUFFER 40x40 MM	2
76.	WEIGHT COVER	2
77.	ANKLE STRAPE	1
78.	TRICEPS STRAPE	1
79.	FASTENING	1
80.	SPRING	1
81.	M6*30MM HEX BOLT	1
82.	M6 NYLON NUT	1
83.	50*100MM SQUARE END CAP	2
84.	SPRING WASHER	2



STEP 01

1. PLACE RUBBER END CAP (39) ONTO BOTH ENDS OF LEFT BASE (03)
2. INSERT GUIDE RODS (02) TO LEFT BASE (03) WITH M10*25MM BOLT (60), M10 WASHER (72) AS SHOWN.
3. ATTACH MAIN BASE (01) TO LEFT BASE (03) WITH M10*75MM BOLT (56), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.
FASTEN ALL BOLTS BY USING TOOL.
4. ATTACH VERTICLE BEAM (09) TO MAIN BASE (01) WITH M10*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.

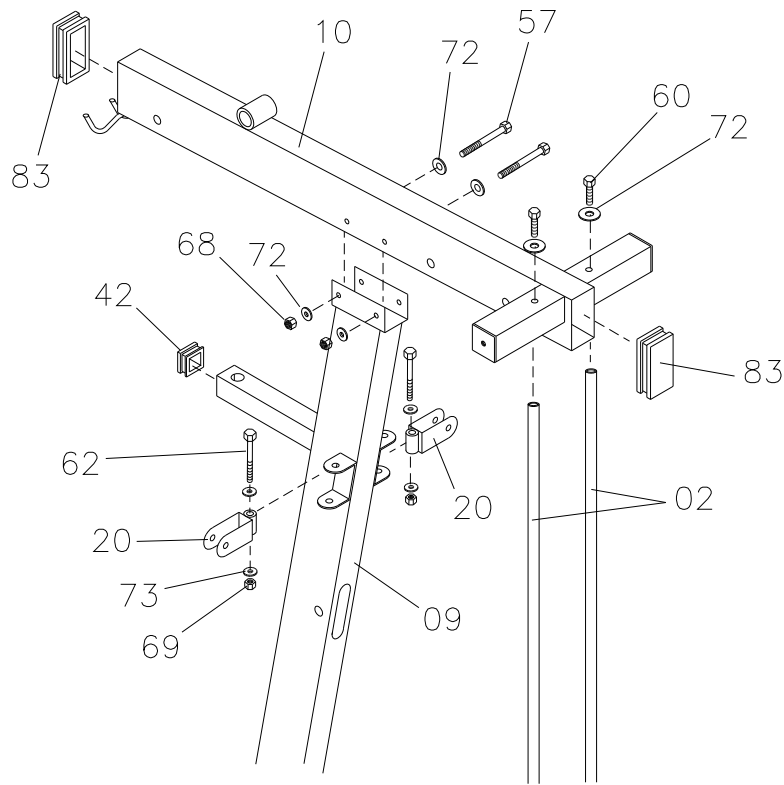


STEP 02

1. ATTACH THE RUBBER DOUNT (03) ONTO THE GUIDE ROD (02).
2. SLIDE THE WEIGHT PLATE (07) AND TOP PLATE (06) OVER GUIDE ROD (02).

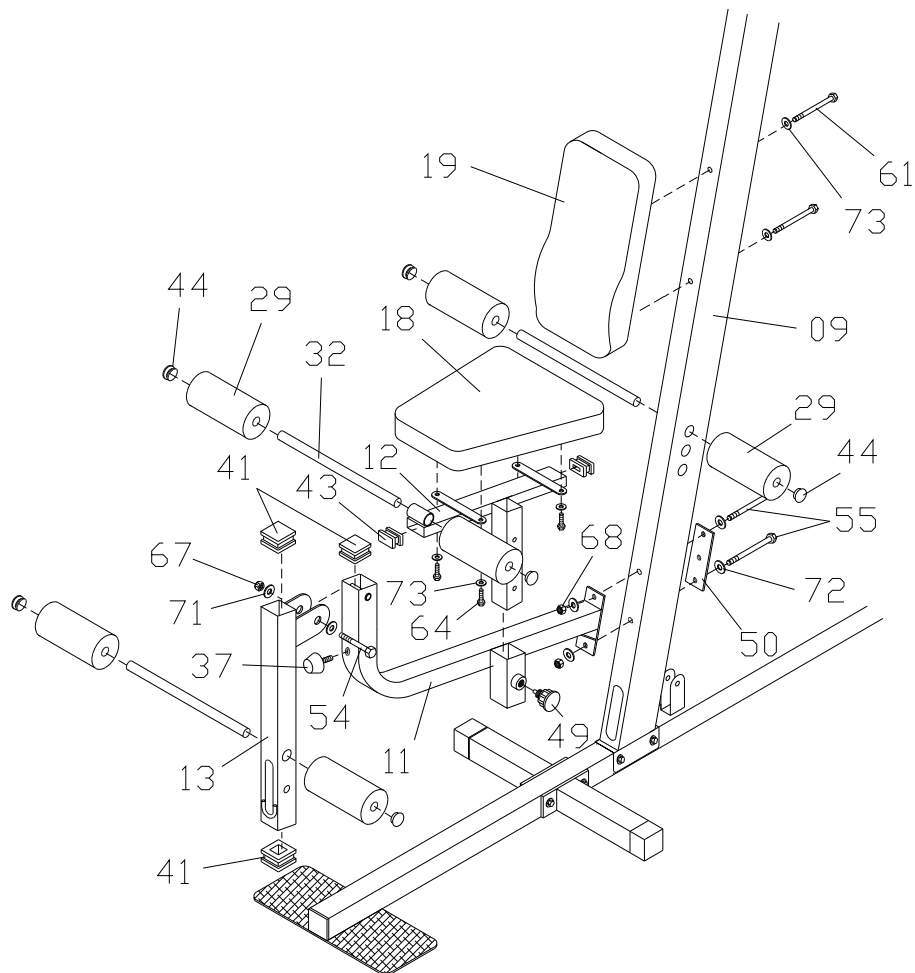
GROOVED SIDE OF WEIGHT PLATES SHOULD FACE DOWN

3. INSTALL 25MM ROUND BUSHING (45) INTO THE SELECTOR SHAFT (05). WITH PIN (46) THEN ATTACH THE SELECTOR SHAFT (05) INTO THE TOP PLATE (06) AS SHOWN.
4. PLACE 50MM SQUARE CAP (41) ONTO FRONT BASE (01).
5. PLACE RUBBER CAP (40) ONTO BOTH ENDS OF RIGHT BASE (04).
6. ATTACH RIGHT BASE (04) TO MAIN BASE (01) WITH M10*75MM BOLT (56), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.



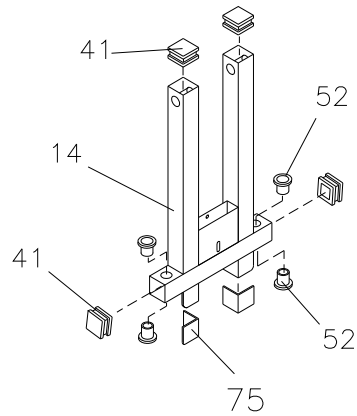
STEP 03

1. PLACE 50*100MM SQUARE CAP (83) ONTO TOP CROSS BEAM (10).
2. ATTACH TOP CROSS BEAM (10) ONTO THE VERTICLE BEAM (09) WITH M10*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AND CONNECT THE GUIDE RODS (02) TO THE TOP CROSS BEAM (10) WITH M10*25MM BOLT (60) M10 WASHER (72) AS SHOWN.
3. ATTACH PULLEY BLOCK (20) TO THE VERTICLE BEAM (09), USE M8*60MM BOLT (62) WITH M8 WASHER (73) AND M8 NUTS (69).
4. PLACE 38MM SQUARE CAP (42) ONTO VERTICLE BEAM (09).



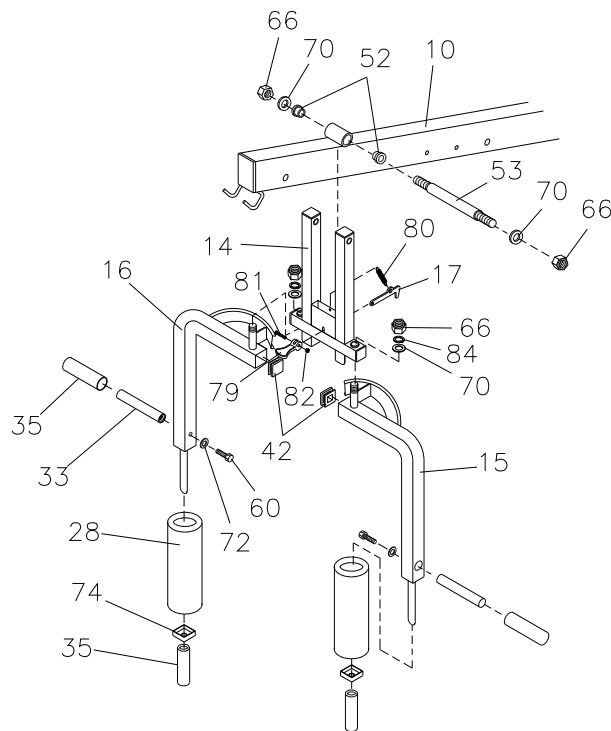
STEP 04

1. PLACE 50MM SQUARE CAP (41) ONTO BOTH ENDS OF LEG EXTENSION /ARM CURL BAR (13).
2. ATTACH SEAT SUPPORT (11) TO VERTICLE BEAM (09), WITH STEEL PLATE (50) M10*125MM BOLT (55), M10 WASHERS (72), AND M10 NYLON NUT (68).
3. ATTACH SEAT ASSEMBLY UNIT (12) TO SEAT SUPPORT (11) AS SHOWN.
4. ATTACH LEG EXTENSION /ARM CURL BAR (13) TO SEAT SUPPORT (11).
5. ATTACH BACK SEAT (19) TO VERTICLE BEAM (09) AS SHOWN.
6. ATTACH SEAT (18) TO SEAT ASSEMBLY UNIT (12) AS SHOWN.
7. SLIDE PAD HOLDERS (32) INTO THE HOLE PROVIDED AS SHOWN.
8. SLIDE LEG EXTENSION/CURL PADS (29) ONTO PAD HOLDERS (32).
9. PLACE 25MM ROUND CAP (44) ONTO PAD HOLDERS (32).



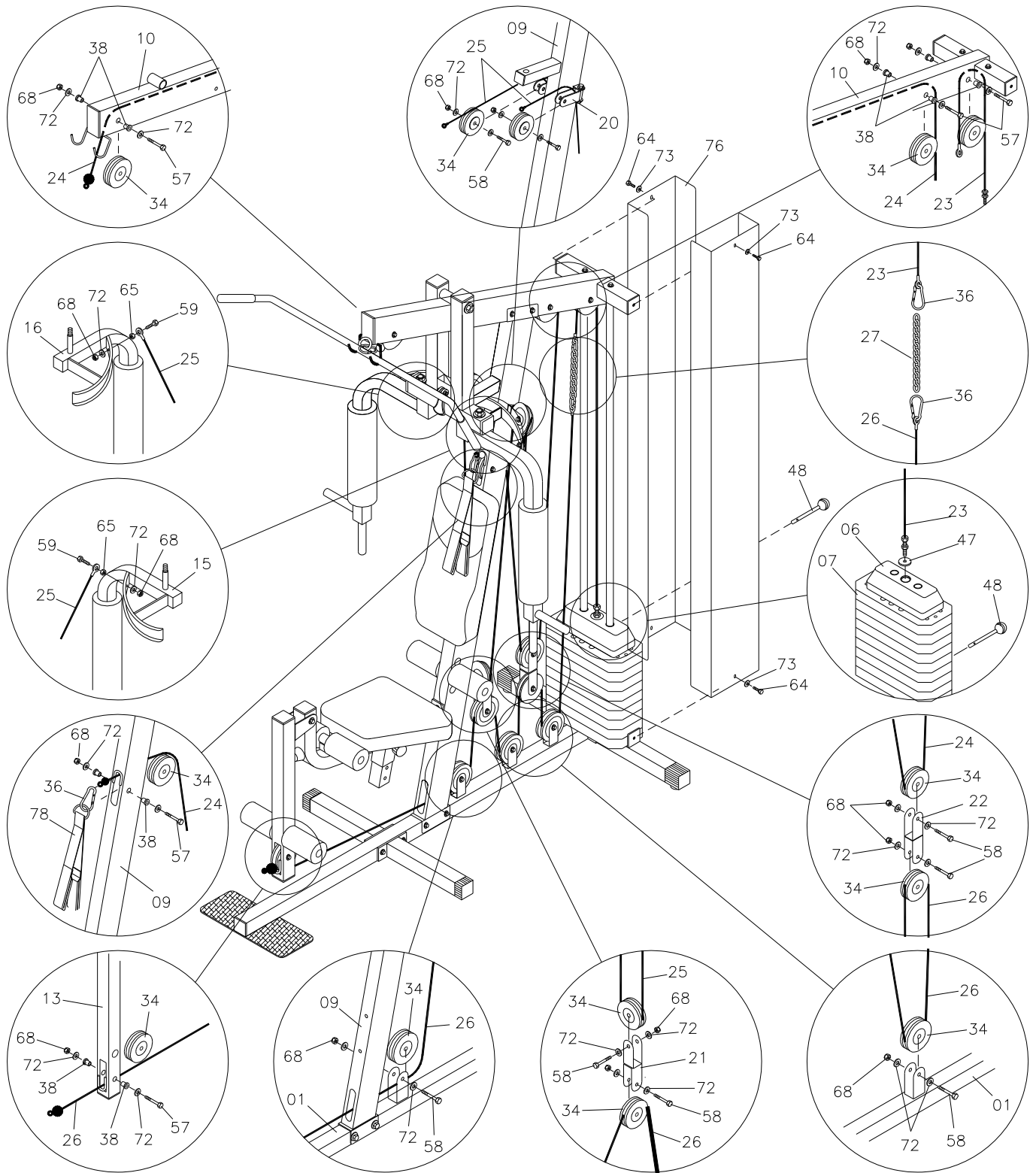
STEP 05

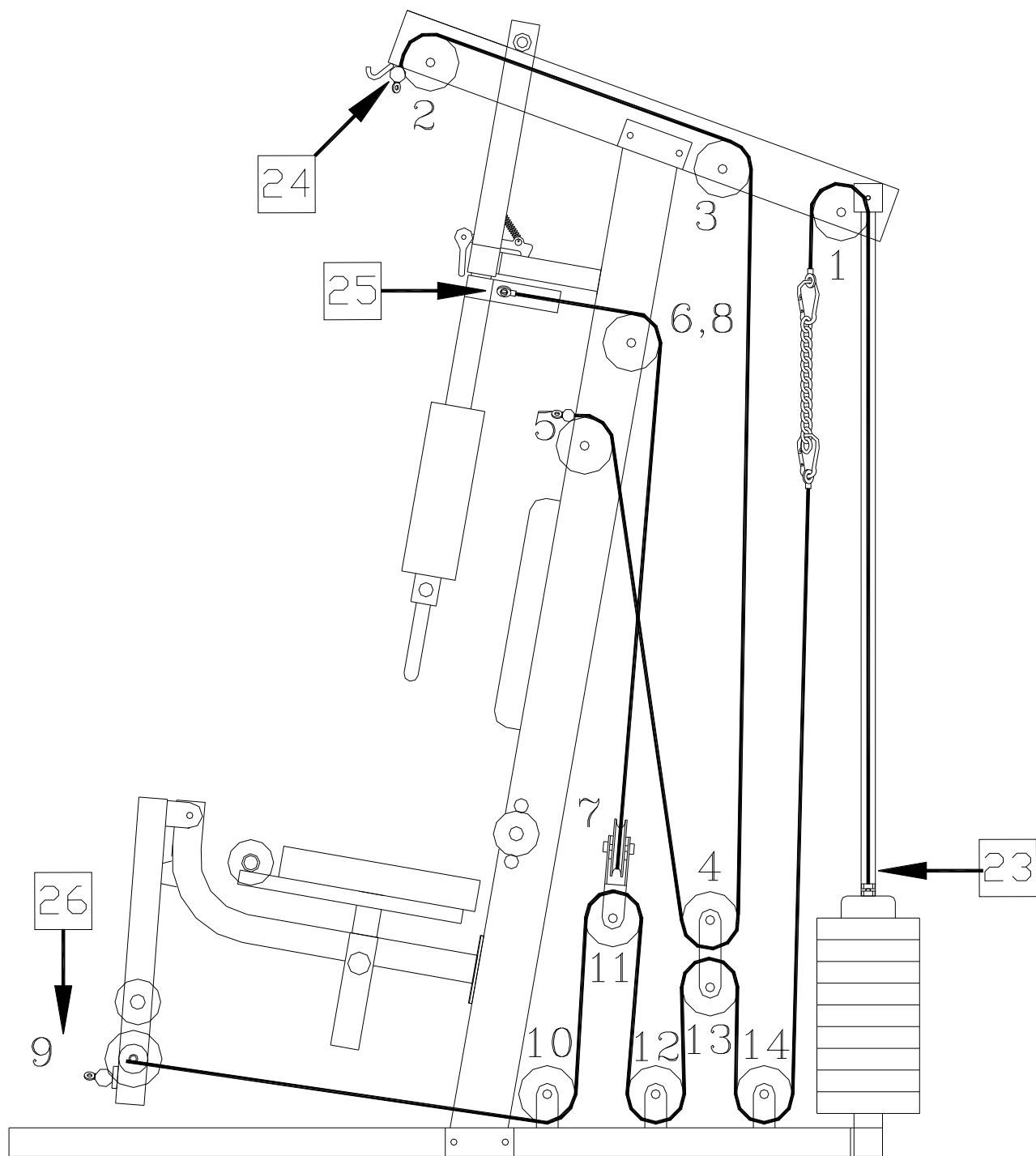
1. PLACE 50MM SQUARE CAP (41) INTO BOTH ENDS OF PRESS BAR (14).
1. INSTALL OIL BUSHING (52) INTO THE PRESS BAR (14).
2. PLACE BUFFER (75) TO PRESS BAR (14) AS SHOWN.



STEP 06

1. ATTACH PRESS BAR (14) TO TOP CROSS BEAM (10) WITH PRESS BAR SHAFT (53) AND OIL BUSHING (52) M16 WASHER (70) M16 NYLON NUT (66) AS SHOWN.
2. ATTACH PEC DEC PAD (28) AND HAND GRIP (35) SLIDE ONTO PEC DEC ARM (15&16).
3. ATTACH HANDLE PIPE (33) AND HAND GRIP (35) TO PEC DEC ARM (15&16) WITH M10 BOLT (60), M10 WASHER (72) AS SHOWN.
4. INSTALL PEC DEC ARM (15&16) TO PRESS BAR (14) WITH M16 WASHER (70) SPRING WASHER (84) AND M16 NYLON NUT (66) AS SHOWN.
5. PLACE PRESS PIN (17) INTO PRESS BAR (14) USE FASTENING (79) WITH M6*30MM BOLT (81) M6 NYLON NUT (82) AND SPRING (80) AS SHOWN.





---CABLE ASSEMBLY---

1. START WITH WEIGHT STACK CABLE 1440MM (23)

START ATTACH CABLE (23) WITH M12 BOLT AND WASHER (47) TO WEIGHT STACK FASTEN THE OTHER END UP AND OVER AROUND PULLEY NO.1, DOWN WITH CHAIN HOOK (36) AND CHAIN (27) AS SHOWN.

2. START WITH THE TOP LAT BAR CABLE 3250MM (24)

START BY THREADING THE END OF THE CABLE THE SMALL BALL OVER GET INTO PULLEY NO.2, INTO OVER PULLEY NO.3, DOWN AND AROUND PULLEY NO.4 IN FLOATING PULLEY LOCK, UP AND OVER PULLEY NO.5 AS SHOWN.

3. CONNECT THE PEC DEC CABLE 2760MM (25)

TAKE PEC DEC CABLE ONE END TO PEC DEC ARM AS PICTURED IN PEC DEC ASSEMBLY, USING M10*30MM HEX BOLT (59), M10 NUT (65), M10 WASHER (72) AND M10 NYLON NUT (68) TO SECURE CABLE TO ASSEMBLY, THEN THREAD THE OTHER END OF CABLE OVER PULLEY NO.6, DOWN AND AROUND PULLEY NO.7, IN PEC DEC PULLEY BLOCK (22) UP AND OVER PULLEY NO.8, USING M10*30MM HEX BOLT (59), M10 NUT (65), M10 WASHER (72) AND M10 NYLON NUT (68) TO SECURE CABLE TO ASSEMBLY.

4. START THE BOTTOM CURL BAR CABLE 3750MM (26)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL UNDER PULLEY NO.9, UNDER PULLEY NO.10, UP AND AROUND PULLEY NO.11, IN FLOATING PULLEY BLOCK, DOWN AND UNDER PULLEY NO.12, UP AND AROUND PULLEY NO.13, IN FLOATING PULLEY LOCK, DOWN AND AROUND PULLEY NO.14, UP AND WITH CHAIN HOOK (36) TO CHAIN (27) TO TIGHTEN.

NOTE: IF YOU FIND THAT THE CABLES ARE NOT LONG ENOUGH, USE THE EXERCISE CHAIN AS AN EXTENSION WITH CHAIN HOOK AS CONNECTORS.

INSTALL WEIGHT COVER (76) TO TOP CROSS BEAM (10) AND LEFT BASE (03). SECURE USING M8*15MM BOLTS (64), M8 WASHER (73) AS SHOWN.

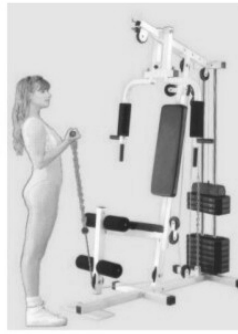
ATTACH HAND GRIP (35) TO LAT BAR (30) AND CURL BAR (31).

※ **WARNING:** MAAKE SURE ALL CABLES DO NOT RUN OUT OF TRACK

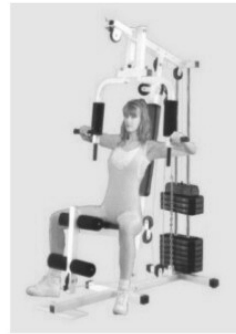
FROM ANY OF PULLEYS WHILE YOU ARE IN USE EVERYTIME.



ABDOMINAL CRUNCH



ARM CURL



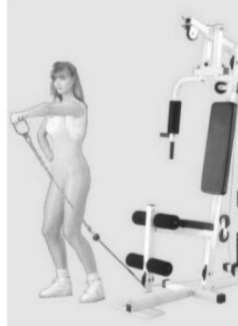
BENCH PRESS



BUTTERFLY



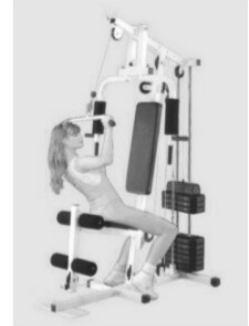
CHEST CABLE CROSS



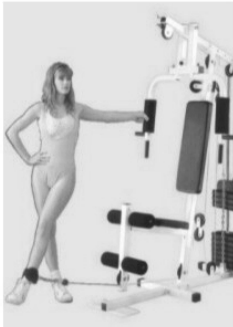
FRONT SHOULDER RAISE



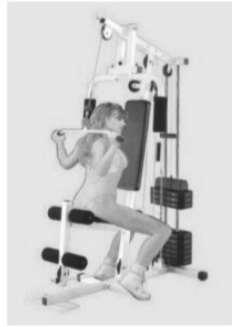
MID ROW



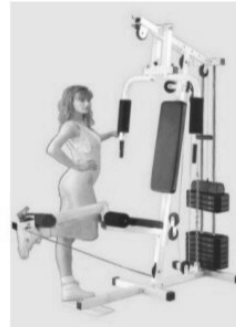
FRONTAL LAT ROW



INNER THIGH KICK



LAT PULL DOWN



LEG CURL



LEG EXTENSION



LOW ROW



MILITARY PRESS



OUTER THIGH KICK



REAR DELT FLIES



SHOULDER SHRUG



SIDE BEND



TRICEP PUSH DOWN



UP RIGHT ROW